

Approved Menu

Week 1

Meal				Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Serve all 3 components)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta Other non-creditable items	½ cup ¼ cup ½ slice ½ serving ¼ cup	¾ cup ½ cup ½ slice ½ serving ¼ cup	1 cup ½ cup 1 slice 1 serving ½ cup	Milk Banana Whole wheat cinnamon toast	Milk Orange wedges English muffin Fruit preserve	Milk Peaches Cold cereal	Milk Strawberries Buttermilk pancakes Apricot glaze	Milk Kiwi Oatmeal muffin
Morning Snack**** (Serve 2 of the 5 components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas Yogurt, plain or flavored unsweetened Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ 1/8 cup ¼ cup 2 Tbsp 1 oz. 1 slice 1 serving ½ cup	Celery sticks Peanut butter	Fresh broccoli and carrots Whole wheat crackers	Apple slices Pita chips	Cherry tomatoes String cheese	Milk Animal crackers

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Meal				Monday	Tuesday	Wednesday	Thursday	Friday
Lunch (Serve all 5 of the components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked beans Peanut butter Nuts Yogurt, plain or flavored unsweetened Fruit or 100% juice Vegetable Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup 1 oz. 1 oz. 1 oz. ½ each ¼ cup 2 Tbsp ½ oz. ½ cup 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz. 1 ½ oz. 1 ½ oz. ¾ each ¾ cup 3 Tbsp ¾ oz. ¾ cup ¼ cup ¼ cup ½ slice ½ serving ¼ cup	1 cup 2 oz. 2 oz. 2 oz. 1 each ½ cup 4 Tbsp 1 oz. 1 cup ¼ cup ½ cup 1 slice 1 serving ½ cup	Milk Low Sodium chicken noodle soup Strawberries Green Salad Oyster crackers	Milk Fish Sticks Cantaloupe Mixed vegetables Whole wheat roll	Milk Chicken salad sandwiches on whole wheat bread Grapes Celery	Milk Whole grain pasta salad with vegetables, cheese and cooked black beans Mandarin oranges	Milk Teriyaki chicken Pineapple Green beans Brown rice
Afternoon Snack**** (Serve 2 of the 5 components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas Yogurt, plain or flavored unsweetened Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ each 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ each 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving 1/3 cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ each 1/8 cup ¼ cup 2 Tbsp 1 oz. 1 slice 1 serving 3/4 cup	Whole grapes Mixed nuts	Fruit and yogurt parfait with granola	Blueberries Graham crackers	Banana Peanut butter Whole wheat toast	Fruit kabob (seasonal fruit) with yogurt dip

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Week 2

Meal				Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Serve all 3 components)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta Other non-creditable items	½ cup ¼ cup ½ slice ½ serving ¼ cup	¾ cup ½ cup ½ slice ½ serving ¼ cup	1 cup ½ cup 1 slice 1 serving ½ cup	Milk Orange wedges Banana bread	Milk Strawberries Cold cereal	Milk Whole wheat blueberry pancakes Syrup	Milk Applesauce Bagel Cream cheese	Milk Banana Oatmeal Brown sugar
Morning Snack**** (Serve 2 of the 5 components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas Yogurt, plain or flavored unsweetened Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. 1/8 cup ¼ cup 2 Tbsp 1 oz. 1 slice 1 serving ½ cup	Plums String cheese Whole grain wheat thins	Carrots Hummus Pita chips	Celery Peanut butter	Grapes Trail mix with nuts, granola, dried fruits	Apple slices Goldfish crackers

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Lunch (Serve all 5 of the components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked beans Peanut butter Nuts Yogurt, plain or flavored unsweetened Fruit or 100% juice Vegetable Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup 1 oz. 1 oz. 1 oz. ½ each ¼ cup 2 Tbsp ½ oz. ½ cup 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz. 1 ½ oz. 1 ½ oz. ¾ each ¾ cup 3 Tbsp ¾ oz. ¾ cup ¼ cup ¼ cup ½ slice ½ serving ¼ cup	1 cup 2 oz. 2 oz. 2 oz. 1 each ½ cup 4Tbsp 1 oz. 1 cup ¼ cup ½ cup 1 slice 1 serving ½ cup	Milk Nachos with black beans and cheese Pineapple Cucumber slices	Milk Grilled cheese sandwich Tomato soup Apples (Whole wheat bread)	Milk Chicken nuggets Peaches Cauliflower Whole wheat roll	Milk Stir fry with beef, vegetables, and low sodium soy sauce Mandarin oranges Brown rice	Milk Turkey burger on a whole wheat bun, with lettuce, tomatoes, pickles Pears Cherry tomatoes
Afternoon Snack**** (Serve 2 of the 5 components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas Yogurt, plain or flavored unsweetened Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ each 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ each 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving 1/3 cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ each 1/8 cup ¼ cup 2 Tbsp 1 oz. 1 slice 1 serving ¾ cup	Cherry tomatoes and snap peas	Milk Oatmeal raisin cookie	Bananas Peanut butter Graham crackers	Yogurt Strawberries	Salsa Fat free refried beans Baked corn chips

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Week 3

Meal				Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Serve all 3 components)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta Other non-creditable items	½ cup ¼ cup ½ slice ½ serving ¼ cup	¾ cup ½ cup ½ slice ½ serving ¼ cup	1 cup ½ cup 1 slice 1 serving ½ cup	Milk Pears Bran Muffin Scrambled Eggs	Milk Strawberries Whole wheat pancakes Syrup	Milk. Mixed berries Yogurt Granola	Milk Banana Cold cereal	Milk Orange wedges Whole wheat toast
Morning Snack**** (Serve 2 of the 5 components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas Yogurt, plain or flavored unsweetened Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. 1/8 cup ¼ cup 2 Tbsp 1 oz. 1 slice 1 serving ½ cup	Grapes Cheese cubes	Celery Sticks Peanut butter	Milk Whole wheat cinnamon toast	Peaches Cottage cheese	Hummus Pretzels

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Lunch (Serve all 5 of the components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked beans Peanut butter Nuts Yogurt, plain or flavored unsweetened Fruit or 100% juice Vegetable Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup 1 oz. 1 oz. 1 oz. ½ each ¼ cup 2 Tbsp ½ oz. ½ cup 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz. 1 ½ oz. 1 ½ oz. ¾ each ¾ cup 3 Tbsp ¾ oz. ¾ cup ¼ cup ¼ cup ½ slice ½ serving ¼ cup	1 cup 2 oz. 2 oz. 2 oz. 1 each ½ cup 4 Tbsp 1 oz. 1 cup ¼ cup ½ cup 1 slice 1 serving ½ cup	Milk Whole wheat Macaroni and cheese with grilled chicken Mandarin oranges Peas	Milk Cheese quesadillas Grapes Black beans, corn and mango salsa (Enriched flour tortilla)	Milk Chicken and corn chowder String cheese Strawberries Steamed mixed vegetables Whole wheat roll	Milk Whole wheat spaghetti and turkey meatballs Kiwi Steamed broccoli, marinara sauce	Milk Tuna sandwich Apple slices Carrot sticks (Whole wheat bread)
Afternoon Snack**** (Serve 2 of the 5 components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas Yogurt, plain or flavored unsweetened Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ each 1/8 cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ each 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving 1/3 cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ each 1/8 cup ¼ cup 2 Tbsp 1 oz. 1 slice 1 serving ¾ cup	Carrot sticks and sweet red/orange/yello w bell peppers Wheat crackers	100% apple juice Mixed nuts	Mixed fruit and yogurt smoothie Graham crackers	Milk Oatmeal raisin cookie	Yogurt Strawberries

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Week 4

Meal				Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Serve all 3 components)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta Other non-creditable items	½ cup ¼ cup ½ slice ½ serving ¼ cup	¾ cup ½ cup ½ slice ½ serving ¼ cup	1 cup ½ cup 1 slice 1 serving ½ cup	Milk Peaches Oatmeal Brown sugar	Milk Strawberries English muffin Scrambled eggs	Milk. Berry cup Whole wheat toast Raspberry jam	Milk Banana Cold cereal	Milk Apples with cinnamon Waffles Maple syrup
Morning Snack**** (Serve 2 of the 5 components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas Yogurt, plain or flavored unsweetened Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz. ½ 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz. ½ 1/8 cup ¼ cup 2 Tbsp 1 oz. 1 slice 1 serving ½ cup	Yogurt Goldfish crackers	Dried cranberries Pretzels	Milk Carrot muffin	Milk Wheat crackers Peanut butter	Apple slices Mixed nuts

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Lunch (Serve all 5 of the components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked beans Peanut butter Nuts Yogurt, plain or flavored unsweetened Fruit or 100% juice Vegetable Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup 1 oz. 1 oz. 1 oz. ½ each ¼ cup 2 Tbsp ½ oz. ½ cup 1/8 cup 1/8 cup ½ slice ½ serving ¼ cup	¾ cup 1 ½ oz. 1 ½ oz. 1 ½ oz. ¾ each ¾ cup 3 Tbsp ¾ oz. ¾ cup ¼ cup ¼ cup ½ slice ½ serving ¼ cup	1 cup 2 oz. 2 oz. 2 oz. 1 each ½ cup 4 Tbsp 1 oz. 1 cup ¼ cup ½ cup 1 slice 1 serving ½ cup	Milk Whole wheat pita pizza Mandarin oranges Cesar salad	Milk Taco soup with shredded cheese Peaches Carrot sticks Chips	Milk Whole wheat turkey wrap with lettuce and red pepper Pears Cherry tomatoes	Milk Hawaiian haystacks Pineapple (Celery and peppers) Brown rice	Milk Meat tortellini marinara sauce Honeydew Green beans
Afternoon Snack**** (Serve 2 of the 5 components listed)	Age 1-2	Age 3-4	Age 5-6					
Milk* Fruit, vegetable or 100% juice Meat (lean, poultry or fish) or alternate Tofu or other soy product Cheese Large egg Cooked Dry beans and peas Yogurt, plain or flavored unsweetened Peanut butter Nuts Grain/bread or alternate** Alternate Cereal (cold or hot)*** or pasta	½ cup ½ cup ½ oz. ½ oz. ½ oz ½ each 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving ¼ cup	½ cup ½ cup ½ oz. ½ oz. ½ oz ½ each 1/8 cup ¼ cup 1 Tbsp ½ oz. ½ slice ½ serving 1/3 cup	1 cup ¾ cup 1 oz. 1 oz. 1 oz ½ each 1/8 cup ¼ cup 2 Tbsp 1 oz. 1 slice 1 serving ¾ cup	Applesauce Graham crackers	Milk Peanut butter Whole wheat toast	Yogurt Strawberries 100% orange juice Granola bar	Cucumbers, carrots and hummus	

*Whole milk for children 1-2 years of age, Skim or 1% milk for older children

**At least one serving per day, across all eating occasions, must be whole grain or whole grain-rich. Grain-based desserts do not count towards meeting the grain requirement.

***Breakfast cereals must conform to the requirements of the WIC program: Must contain 45% iron per 1 ounce dry cereal Must not contain more than 6 grams of sugar per 1 ounce dry cereal

****Only one of the two components may be a beverage.